Classic P90X3™

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	Total Synergistics	Agility X	X3 Yoga	The Challenge	CVX	The Warrior	Rest or Dynamix
Week 2	Total Synergistics	Agility X	X3 Yoga	The Challenge	CVX	The Warrior	Rest or Dynamix
Week 3	Total Synergistics	Agility X	X3 Yoga	The Challenge	CVX	The Warrior	Rest or Dynamix
Week 4	Isometrics	Dynamix	Accelerator	Pilates X	CVX	X3 Yoga	Rest or Dynamix
Week 5	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Incinerator	MMX	Rest or Dynamix
Week 6	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Incinerator	MMX	Rest or Dynamix
Week 7	Eccentric Upper	Triometrics	X3 Yoga	Eccentric Lower	Incinerator	MMX	Rest or Dynamix
Week 8	Isometrics	Dynamix	Accelerator	Pilates X	CVX	X3 Yoga	Rest or Dynamix
Week 9	Decelerator	Agility X	The Challenge	X3 Yoga	Triometrics	Total Synergistics	Rest or Dynamix
Week 10	Decelerator	MMX	Eccentric Upper	Triometrics	Pilates X	Eccentric Lower	Rest or Dynamix
Week 11	Decelerator	Agility X	The Challenge	X3 Yoga	Triometrics	Total Synergistics	Rest or Dynamix
Week 12	Decelerator	MMX	Eccentric Upper	Triometrics	Pilates X	Eccentric Lower	Rest or Dynamix
Final Week	Isometrics	Accelerator	Pilates X	X3 Yoga	Dynamix	Rest or Dynamix	Final Fit Test Photo Shoot

BLOCK 1 BLOCK 2 BLOCK 3

Lean P90X3™

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
Week 1	Accelerator	The Warrior	X3 Yoga	CVX	Isometrics	Agility X	Rest or Dynamix	BLOCK 1
Week 2	Accelerator	The Warrior	X3 Yoga	CVX	Isometrics	Agility X	Rest or Dynamix	
Week 3	Accelerator	The Warrior	X3 Yoga	CVX	Isometrics	Agility X	Rest or Dynamix	
Week 4	Isometrics	Dynamix	Accelerator	Pilates X	Agility X	X3 Yoga	Rest or Dynamix	
Week 5	Triometrics	The Warrior	X3 Yoga	MMX	Incinerator	CVX	Rest or Dynamix	BLOCK 2
Week 6	Triometrics	The Warrior	X3 Yoga	MMX	Incinerator	CVX	Rest or Dynamix	
Week 7	Triometrics	The Warrior	X3 Yoga	MMX	Incinerator	CVX	Rest or Dynamix	
Week 8	Isometrics	Dynamix	Accelerator	Pilates X	Decelerator	X3 Yoga	Rest or Dynamix	
Week 9	Decelerator	MMX	Eccentric Lower	X3 Yoga	Triometrics	Eccentric Upper	Rest or Dynamix	BLOCK 3
Week 10	MMX	Decelerator	Triometrics	Pilates x	Decelerator	CVX	Rest or Dynamix	
Week 11	Decelerator	MMX	Eccentric Lower	X3 Yoga	Triometrics	Eccentric Upper	Rest or Dynamix	
Week 12	MMX	Decelerator	Triometrics	Pilates X	Decelerator	CVX	Rest or Dynamix	
Final Week	Isometrics	Accelerator	Pilates X	X3 Yoga	Dynamix	Rest or Dynamix	Final Fit Test Photo Shoot	

Mass P90X3™

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Rest or Dynamix
Week 2	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Rest or Dynamix
Week 3	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Rest or Dynamix
Week 4	Isometrics	Dynamix	The Warrior	Pilates X	Agility X	X3 Yoga	Rest or Dynamix
Week 5	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric lower	MMX	Rest or Dynamix
Week 6	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric lower	MMX	Rest or Dynamix
Week 7	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric lower	MMX	Rest or Dynamix
Week 8	Isometrics	Dynamix	The Warrior	Pilates X	Decelerator	X3 Yoga	Rest or Dynamix
Week 9	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric Lower	MMX	Rest or Dynamix
Week 10	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates x	Incinerator	Rest or Dynamix
Week 11	Eccentric Upper	Eccentric Lower	X3 Yoga	Eccentric Upper	Eccentric Lower	MMX	Rest or Dynamix
Week 12	Total Synergistics	Agility X	X3 Yoga	The Challenge	Pilates X	Incinerator	Rest or Dynamix
Final Week	Isometrics	X3 Yoga	Decelerator	Eccentric Upper	Eccentric Lower	Rest or Dynamix	Final Fit Test Photo Shoot

BLOCK 1 BLOCK 2 BLOCK 3

Doubles P90X3™

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	Synergistics & CS	Agility & Dynamix	X3 Yoga	Challenge & CS	CVX & Dynamix	The Warrior	Rest or Dynamix
Week 2	Synergistics & CS	Agility & Dynamix	X3 Yoga	Challenge & CS	CVX & Dynamix	The Warrior	Rest or Dynamix
Week 3	Synergistics & CS	Agility & Dynamix	X3 Yoga	Challenge & CS	CVX & Dynamix	The Warrior	Rest or Dynamix
Week 4	Isometrics	Dynamix	Accelerator	Pilates X	Agility X	X3 Yoga	Rest or Dynamix
Week 5	EU & Accelerator	Trio & Dynamix	X3 Yoga	EL & CVX	Incinerator & ISO	MMX & Dynamix	Rest or Dynamix
Week 6	EU & Accelerator	Trio & Dynamix	X3 Yoga	EL & CVX	Incinerator & ISO	MMX & Dynamix	Rest or Dynamix
Week 7	EU & Accelerator	Trio & Dynamix	X3 Yoga	EL & CVX	Incinerator & ISO	MMX & Dynamix	Rest or Dynamix
Week 8	Isometrics	Dynamix	Accelerator	Pilates X	Agility & Dynamix	X3 Yoga	Rest or Dynamix
Week 9	Decelerator & Acc	MMX & Pilates X	Challenge & Dyna	X3 Yoga & Agility	Triometrics & ISO	Synergistic & Dyna	Rest or Dynamix
Week 10	Decelerator & Acc	CVX & Pilates X	EU & MMX	Triometrics & ISO	X3 Yoga & CVX	EL & Dynamix	Rest or Dynamix
Week 11	Decelerator & Acc	MMX & Pilates X	Challenge & Dyna	X3 Yoga & Agility	Triometrics & ISO	Synergistic & Dyna	Rest or Dynamix
Week 12	Decelerator & Acc	CVX & Pilates X	EU & MMX	Triometrics & ISO	X3 Yoga & CVX	EL & Dynamix	Rest or Dynamix
Final Week	Isometrics	Accelerator	Pilates X	X3 Yoga	Dynamix	Rest or Dynamix	Final Fit Test Photo Shoot

BLOCK 1 BLOCK 2 BLOCK 3